

R430-100-15. CHILD NUTRITION.

- (1) If food service is provided:
- (a) The provider shall ensure that the center's meal service complies with local health department food service regulations.

Rationale / Explanation

The purpose of this rule is to ensure that food preparation and service are sanitary in order to reduce the possibility of foodborne illness. Minimum standards for food safety are based on scientific data that demonstrate the conditions required to prevent contamination of food with infectious or toxic substances that cause foodborne illness.

Enforcement

This rule would be cited if a center serves food and does not have a food permit from their local health department. Check with the Bureau Director before citing this rule.

- (1) If food service is provided:
- (b) Foods served by centers not currently participating and in good standing with the USDA Child and Adult Care Food Program (CACFP) shall comply with the nutritional requirements of the CACFP. The licensee shall either use standard Department-approved menus, menus provided by the CACFP, or menus approved by a registered dietitian. Dietitian approval shall be noted and dated on the menus, and shall be current within the past 5 years.

Rationale / Explanation

Nourishing food is the cornerstone for children's health, growth, and development. Because young children grow and develop more rapidly during the first few years of life than at any other time, they must be provided food that is adequate in amount and type to meet their basic metabolic, growth, and energy needs. The CACFP regulations, policies, and guidance materials on meal requirements provide the basic guidelines for good nutrition. CFOC, pgs. 149-150 Standards 4.001, 4.002

Enforcement

Level 2 Noncompliance, except as specified in Level 3 below.

Level 3 Noncompliance: If the provider is using non-approved menus not signed by a registered dietitian, but the meals served meet CACFP nutritional requirements.

- (1) If food service is provided:
- (c) Centers not currently participating and in good standing with the CACFP shall keep a six week record of foods served at each meal or snack.

Rationale / Explanation

The purpose of this rule is to verify that foods actually served to children by centers not participating in CACFP meet children's basic nutritional requirements. CFOC, pgs. 149-150 Standards 4.001, 4.002

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Enforcement

The six week record of foods served at each meal must be dated, so that licensors can determine which foods were served on which dates.

Always Level 3 Noncompliance.

(1) If food service is provided:

- (d) The provider shall post the current week's menu for parent review.**

Rationale / Explanation

Making menus available to parents by posting them in a prominent area helps to inform parents about proper nutrition, and allows parents to know if a food is being served that their child has an allergy to. It also allows parents to plan meals at home that do not duplicate what the child ate at the center that day. CFOC, pgs. 152-153 Standard 4.008

Enforcement

Always Level 3 Noncompliance.

(2) The provider shall offer meals or snacks at least once every three hours.

Rationale / Explanation

Young children need to be fed often. Appetite and interest in food varies from one meal or snack to the next. To ensure that the child's daily nutritional needs are met, small feedings of nourishing food should be scheduled over the course of a day. Snacks should be nutritious, as they often are a significant part of a child's daily intake of food. CFOC, pgs. 150-151 Standard 4.003

Enforcement

The three hour period goes from one meal start time to the next meal start time. For example, if a center serves lunch from 12:00 – 12:30, an afternoon snack would need to be served by 3:00 pm. If a center has an extended meal period (if, for example, breakfast is served from 6 am until 8 am, depending on when children arrive), then the provider needs to have a way to ensure that children who arrive when the center opens and eat at 6 am are offered something to eat again by 9 am.

For centers who provide late evening or overnight care, meals or snacks do not need to be served every three hours after children have gone to bed for the night.

Level 2 Noncompliance: If a child goes more than four hours without being given a meal or snack.

Level 3 Noncompliance: If child goes more than three hours but less than 4 hours without being given a meal or snack.

(3) The provider shall serve children's food on dishes, napkins, or sanitary high chair trays, except for individual serving size items, such as crackers, if they are placed directly in the children's hands. The provider shall not place food on a bare table.

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Rationale / Explanation

Using clean food service dishes and utensils prevents the spread of microorganisms that can cause disease. The surfaces that are in contact with food must be sanitary. Food should not be put directly on the table surface for two reasons. First, even washed and sanitized tables are more likely to be contaminated than washed and sanitized dishes or disposable plates. Second, learning to eat from plates reduces contamination of the table surface when children put down their partially eaten food while they are eating. CFOC, pgs. 165-166 Standard 4.219

Highchair trays function as plates for seated children. Therefore, they should be washed and sanitized the same way as plates and other food service utensils. CFOC, pgs. 165-166 Standard 4.219

Enforcement

Always Level 3 Noncompliance.

- (4) The provider shall post a list of children's food allergies and sensitivities in the food preparation area, and shall ensure that caregivers who serve food to children are aware of this information for the children in their assigned group.**

Rationale / Explanation

Food allergies are common, occurring in between two and eight percent of infants and children. Food allergic reactions can range from mild skin or gastrointestinal symptoms to severe, life-threatening reactions with respiratory and/or cardiovascular compromise. Deaths from food allergies are being reported in increasing numbers. For all of these reasons, vigilant efforts to avoid exposure to the offending foods are necessary. CFOC, pgs. 154-155 Standard 4.010

Posting children's allergies does not violate HIPPA privacy regulations as long as the parent has given their permission for their child's allergy information to be posted and communicated to staff.

Enforcement

Food sensitivities can result in minor irritations (rashes, loose stools), whereas a true food allergy could cause a life-threatening event (anaphylaxis, a severe asthma attack, extreme hives, etc.).

Level 1 Noncompliance: for food allergies.

Level 3 Noncompliance: for food sensitivities.

- (5) The provider shall ensure that food and drink brought in by parents for an individual child's use is labeled with the child's full name, and refrigerated if needed.**

Rationale / Explanation

The purposes of this rule are to ensure that children are not accidentally served food brought by another child, and to ensure that food brought from home does not cause foodborne illness. Foodborne illness and poisoning is a common occurrence when food has not been properly refrigerated and covered. Although many of these illnesses are limited to vomiting and diarrhea, some are life-threatening. CFOC, pg. 169 Standard 4.040

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Food and drink brought from home can be labeled with the child's first name only, unless there is more than one child in the center with food or drink brought from home who has the same first name. When this is the case, the food and drink can be labeled with the child's first name and last initial. If there is more than one child in the center with food or drink brought in from home who has the same first name and last initial, the food and drink must be labeled with the child's full first and last name.

Level 1 Noncompliance: If failure to follow this rule results in a child being served food they are allergic to.

Level 3 Noncompliance otherwise.